TASTY TIME with Ze Fronk

Tasty Recipes

by ZeFronk

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Ze Tasty Turkey Roll

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Ingredients:

- 1 whole wheat tortilla – 8 inch
- 2 tablespoons low-fat ranch dressing
- 3 slices smoked turkey deli meat
- 2 leaves green leaf lettuce
- 2 slices of chopped tomato

Directions:

- Spread tortilla with dressing.
- Top with remaining ingredients and roll up.

Makes one wrap.

Ze Tuna Sandwich

Ingredients:

- 1 12-ounce can chunk white tuna in water, drained
- 1 tablespoon light mayonnaise
- 1/4 cup celery, finely diced
- 1/4 cup red onion, finely diced
- 4 green leaf lettuce leaves
- 8 pieces whole-grain bread, crusts cut off, and toasted
- Salt and pepper to taste

Directions:

- In a small bowl, mix together: tuna, mayonnaise, celery, and red onion.
- Add salt and pepper to taste.
- Spread tuna mixture on top of four pieces of toast.
- Place lettuce on top of tuna.
- Complete sandwich with the other four slices of toasted bread.
- Use a fish-shaped cookie cutter to cut the sandwiches into fun shapes.

Makes four sandwiches.

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Ze Energy Mix

Ingredients:

- 7 cups popped popcorn (with no trans fat), preferably air popped
- 1/3 cup dried apricots, cut in quarters
- 1/4 cup whole raw almonds

Directions:

- Combine all ingredients and place into small plastic containers.

Makes six servings.

Ze Ants on a Log

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Ingredients:

- 1 celery stalk
- 16 raisins
- 1/3 cup low-fat creamy peanut butter

Directions:

- Fill celery stalk with peanut butter and slice into 3-inch logs.
- Place four raisins on top of the peanut butter logs.

Makes two servings.

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ZeFronksicles

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Ingredients:

- Fruit juice (100% orange juice, cranberry juice, or pomegranate juice)

Directions:

- Pour fruit juice into an ice cube tray.
- Cover with plastic wrap.
- Push a toothpick through the plastic into each of the cubes.
- Freeze until solid.
- Remove plastic wrap and enjoy.

Ze Banana Berry Smoothie

Ingredients:

- 1 cup washed strawberries
- 1/2 cup low-fat milk
- 1/2 cup low-fat yogurt
- 1 banana

Directions:

- Add all your ingredients to the blender and blend

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Ze Pancakes

Ingredients:

- 3 cups whole-wheat pancake mix
- 1/3 cup blueberries

Directions:

- Heat a non-stick skillet over medium heat.
- Make pancake according to package instructions on pancake mix
- Pour about 1/4 cup of batter onto the skillet and cook until bubbles appear over entire surface of the pancake.
- Flip the pancake(s) and cook for an additional minute.
- Repeat until all batter is used.
- Place pancakes on plates and top with blueberries.

Makes 6 servings.

Ze Tomato Surprise

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Ingredients:

- 5 cherry tomatoes – halved and insides scooped out
- 5 teaspoons low-fat cottage cheese

Optional: Rainbow sprinkles as garnish

Directions:

- Place 5 halves on each plate and fill each tomato with 1/2 teaspoon cottage cheese.

Optional: sprinkle rainbow sprinkles on top and serve.

Makes 4 servings.

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Ze Banana Dogs

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Ingredients:

- 1 whole wheat hot-dog bun
- 1 banana
- 1 tablespoon low-fat peanut butter
- Grape or strawberry jelly

Directions:

- Place a peeled banana inside of the hot-dog bun.
- Spread on the peanut butter and a smidge of jelly.
- Cut in half.

Makes 2 servings.

Ze Pita Pizzas

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Ingredients:

- 8 whole-wheat mini pitas
- 1/4 cup pizza sauce
- 1 cup shredded non-fat mozzarella
- 4 medium white mushrooms, sliced
- 24 slices turkey pepperoni (about 1 1/2 ounces), cut into strips (you can also use ham as an alternative to the turkey pepperoni)
- 2 tablespoons black olives, sliced

Directions:

- Preheat oven to 425°.
- Supply each of your helpers with 2 mini pitas.
- Allow your helpers to build their own pizzas with the above ingredients.
- Place pita pizzas on a baking sheet and cook for 5 minutes, or until cheese is golden and bubbly.
- Let cool a few minutes before serving.

Makes 4 servings.

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